



Summer Berry- Coconut Milk Ice Pops

Ingredients

- 2/3 cup thinly sliced ripe strawberries
- 2/3 cup ripe blueberries
- 2/3 cup ripe blackberries
- 1/3 cup plus 1 tablespoon natural cane sugar
- 1/2 teaspoon ground cardamom
- 1 (13.5-ounce) can full-fat coconut milk

Directions

Combine the strawberries, blueberries, and blackberries with the sugar and cardamom in a small saucepan. Cook over low heat, stirring regularly, for 5 to 7 minutes, until the berries are soft but not falling apart—they should be a little jammy. Remove from the heat and stir in the coconut milk. Carefully pour the warm berry mixture into a pitcher. Pour the mix into 3-ounce molds, helping some of the berries along with a spoon so that they're evenly distributed. Freeze for at least 4 hours. The ice pops will last a month in the freezer.

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